

Suggested Daily Timetable

	Subject	Tasks	Support/Resources
9.00 - 9.30	100% Work	Using your Knowledge Organisers, complete 100% work from a variety of subjects.	Knowledge Organiser booklet (in pack) 100% instructions (on website and in pack)
9.30 - 9.45	Rest break		
9.45 - 10.30	Maths	Complete tasks from Maths booklet or practise timetables	Maths booklet (in pack) Timetable Rockstars (login needed)
10.30 - 11.15	Science	Complete tasks Science booklet or complete work on Educake	Science booklet (in pack) Educake (login needed)
11.15 - 11.30	Rest break		
11.30 - 12.15	English	Choose a task from the English booklet or from the list of online and offline tasks	English booklet (in pack) List of tasks and resources on front page of your pack
12.15 - 12.45	Reading	Read a book or complete reading-based task	Book (own, from library, or online) Reading-based task list (in pack)
12.45 - 13.30	Lunch break		
13.30 - 15.30	All other subjects	Complete at least two tasks from two other subjects or use the free Duolingo app to practise your French	List of tasks and resources on front page of your pack Duolingo App (download for free)

Top tips:

- Try to keep the same bedtime and getting up time as on a school day.
- Keep active during your breaks.
- Stay hydrated by drinking plenty of water.
- Continue with your good hygiene practices, like washing your hands and surfaces.
- Try to get washed and dressed every day.
- Get plenty of fresh air by keeping a window open.
- Don't spend too long on screens - split your time working online and offline.